REGINA metro®

NEWS WORTH SHARING.

Ariz. mourns 19 firefighters

Bodies found under emergency fire-resistant covers after men fell victim to an unpredictable and ferocious wildfire PAGE 3

Egyptian prez gets ultimatum

Military announces that President Mohammed Morsi has just 48 hours to resolve a standoff with his opponents as protesters rally PAGE 5

The Sandman reawakened

Neil Gaiman returns to pen the story of Dream and the rest of the Endless in a prequel to the tale that sold more than 7 million copies PAGE 8

MIRACULOUS HIT NOT EVEN NEEDED FOR VICTORY

BLUE JAYS LAND AN UNLIKELY THREE-RUN HOMER OFF SORE BENCH PLAYER MARK DEROSA TO PUT THEM MILES AHEAD OF THE DETROIT TIGERS PAGE 14

NO SHIRT, LOTS OF SPIRIT

Ryan James Carroll was part of a massive celebration at Wascana Park on Monday for Canada Day, showing his colours and enthusiasm for the country's 146th birthday. Story, page 2. MARCO VIGLIOTTI/METRO

Could security standards put public at risk?

Evraz Place. Province has separate requirements for in-house security, third-party contractors

ROSS ROMANIUK
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Some say a security qualification issue could put the public at risk at huge upcoming Regina stadium events, such as the Grey Cup and the Paul McCartney concert.

But Evraz Place management insists there's no shortcomings with its security personnel, even though they're not put through the same provincial licensing requirements as their third-party, contracted counterparts.

"We're just not required to do it," Neil Donnelly, Evraz Place's vice-president of events, told Metro, referring to the Saskatchewan government's licensing for contracted security personnel.

"We have our own standards that we use internally for our own training."

The provincial Justice Ministry confirmed that Evraz Place security staff — who Donnelly said are likely to be used at Mosaic Stadium, to some extent, during the Grey Cup game in November and at the McCartney show there next month — don't face the same licensing standards as employees of independent security contractors.

That difference has an employee in the local security field charging that pa-

Scrutiny

"If they go out and make a mistake ... that's a bad image on all security guards. We want a higher standard. We want to make sure people are properly trained." **A local security staffer,** who requested anonymity

trons at Evraz Place events — and at other facilities when the same staff are used there — are not as well served and are even at greater risk when security problems arise.

"If they go out and make a mistake at the Brandt Centre, that's a bad image on all security guards. We want a higher standard. We want to make sure people are properly trained," the security staffer said, requesting anonymity for the sake of the business interests of firms he deals with.

"A security guard is a security guard. I don't care if they're in-house, third-party, contracted, hired out — whatever the case may be."

Justice Ministry spokesman Drew Wilby said the difference in licensing is fair and legal under Saskatchewan's Private Investigators and Security Guards Act, which took effect in 1997, though he added it's likely "confusing" for some.

"They're hired by themselves for their own purposes. They don't need to be licensed as other security guards would have to be," Wilby said of Evraz Place security staff.

"The flip side would be that any private security company that's contracting their services out needs to have their personnel licensed."

O Canada, we stand on guard for thee in Queen City

I am Canadian.
Reginans came out in droves to celebrate our nation's 146th birthday

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

With beaming sunshine pouring down, thousands of Reginans made an annual pilgrimage to Wascana Park on Monday to take in Canada Day festivities — including a performance by Canadian rock band The Trews.

Many in attendance said Canada Day is a great opportunity to showcase their pride in the vast country they call home.

"I'm proud to be Canadian," said Bryce Schlamp, who came to the legislature with his wife and young son.

Another visitor, Tom Knowles, also said he was proud to "show his love for his country" on Canada Day. Knowles had come from Edmonton to visit his family in Regina and decided to take in the celebrations.

Some of the other key attractions that drew onlookers to the legislature grounds included late-night fireworks, a plywood boat competition on Wascana Lake, face-painting for kids and a strongman competition.

A handful of public officials, including Mayor Michael Fougere, addressed the swelling crowd early in the day, urging them to remember how lucky they are to live in a prosperous, safe and democratic country such as Canada.

"It is the time today to think about all the great things we have in our country," Fougere said. "Peace, democracy and freedom are the hallmarks of our country."

Wascana MP Ralph Goodale said Canada Day is a time to reflect on the important values that shape the country.

"It is always important to remember the values of tolerance, sharing and compassion and diversity that make this country great," he said.

Youngster Simon Preston, wearing his Canadian colours, gives a salute on Monday at Wascana Park after touring a Canadian Forces vehicle on display as part of the Canada Day celebration. MARCO VIGLIOTTI/METRO

Meanwhile, at Government House, Lt.-Gov. Vaughn Solomon Schofield hosted a "garden party" to mark Canada's birthday.

Musical acts including Jeffery Straker and the band Regina Riot performed and tours of Government House were held during the three-hour event, which also gave visitors a chance to see the exhibit From Far and Wide — Honouring Great Canadians.

Near Crooked River

Two dead following single-vehicle crash

Two people are dead after a single-vehicle crash on Sunday evening in the Tisdale area of rural Saskatchewan.

A vehicle went off a road and crashed into trees at the intersection of highways 3 and 23 near Crooked River shortly before 7 p.m.

Two males were found and confirmed dead inside the vehicle after RCMP, firefighters and paramedics from Tisdale arrived at the scene.

Police are not releasing the names of the victims, whose ages were not immediately given.

The crash remains under investigation. METRO

20-year-old victim

Man charged with impaired driving after woman dies

A Regina crash has claimed a young woman's life and led to an impaired-driving charge against a 31-year-old man.

The 20-year-old victim was killed on Sunday about 1 a.m. at the intersection of Wascana Drive and Broad Street, when the front of a truck hit a car's driver-side door.

The woman — a Regina resident who was driving the car, according to city police — was pronounced dead at the scene, while a 21-year-old male passenger in her vehicle was taken to hospital with serious injuries.

Police said the truck was northbound on Broad while the car was heading west on Wascana and might have been turning left at the intersection.

Mark Russel Stinson of Regina is charged with impaired driving and driving over the 0.08 per cent blood-alcohol limit. He was released and is slated to appear in court on Aug. 28. METRO

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City, state and nation mourn 19 firefighters

Prescott, Ariz. Sudden shift in wind direction and speed blamed for boosting erratic blaze

The wife of a firefighter who was killed hugs her father-in-law in front of Prescott Fire Station #7 on Monday. DAVID WALLACE, THE ARIZONA REPUBLIC/THE ASSOCIATED PRESS

As the windblown blaze suddenly swept toward them, an elite crew of firefighting "Hotshots" desperately rushed to get out their emergency shelters and take cover under the heat-resistant fabric.

By the time the flames had passed, 19 men lay dead in the nation's biggest loss of firefighters in a wildfire in 80 years.

The tragedy Sunday evening all but wiped out the 20-member Granite Mountain Hotshots, a unit based in the small town of Prescott, local fire chief Dan Fraijo said as the last of the bodies were retrieved from the mountain. Only one member survived, and that was because he was moving the unit's truck at the time, authorities said.

The deaths plunged the town into mourning, and Arizona's governor called it "as dark a day (as) I can remember" and ordered flags to half-staff.

"We are heartbroken about what happened," said U.S. President Barack Obama. He predicted the tragedy will force government leaders to answer broader questions about how they handle increasingly destructive and deadly wildfires.

The lightning-sparked fire — which had exploded to about 34 square kilometres by Monday morning — destroyed about 50 homes and threatened 250 others in and around Yarnell, a town of 700 people in the mountains about 137 kilometres northwest of Phoenix, the Yavapai County Sheriff's Department said.

Residents huddled in shelters and restaurants, watching their homes burn on TV as flames lit up the night sky in the forest above the town.

It was unclear exactly how the firefighters became trapped. Southwest incident team leader Clay Templin said the crew and its commanders were following safety protocols, and it appears the fire's erratic nature simply overwhelmed them.

Brian Klimowski, meteorologist in charge of the National Weather Service's Flagstaff office, said there was a sudden increase and shift in wind around the time of the tragedy. It's not known how powerful the winds were, but they were enough to cause the fire to grow from 80 hectares to about 800 in a matter of hours.

THE ASSOCIATED PRESS

Gambit for survival

- As a last resort, Hotshot crews are trained to dig into the ground and get under a tent-like shelter made of fire-resistant material.
- The hope in that desperate situation is that the fire will burn over them.
- All 19 victims had deployed their shelters, according to Arizona Forestry Division spokesman Mike Reichling.
- Some of the firefighters were found inside them, while others were found outside the shelters.

The Granite Mountain Hotshots practise setting up emergency shelters outside of Prescott, Ariz., in 2012. CONNOR RADNOVICH, CRONKITE NEWS FILE/THE ASSOCIATED PRESS

South Africa. Rapt nation struggles to put its love of Nelson Mandela to words

The spelling and grammar needs work, but the message has its own eloquence.

A 10-year-old's note to Nelson Mandela, the prisoner who fought South African apartheid, or white racist rule, and became a global emblem of unity and humility, addresses him as "the greates president are land has ever had it is realy bad that you are in the hospital. But realy cool that you stopt apartit. you maid are land A beter place"

It is one of hundreds of messages that have been placed at two makeshift shrines by those celebrating the life and legacy of Mandela, 94, even as some lament that his life may be approaching an end.

The government said Monday that Mandela remains in "critical but stable" condition in the hospital where he was admitted on June 8.

The hospital in downtown Pretoria is one of those pilgrimage sites; the other is his home in Houghton, a tree-lined neighbourhood in Johannesburg.

A swell of well-wishers has deposited letters, paintings, candles and flowers outside these spots, reflecting the mood of a nation whose identity is so closely linked to an ailing man out of public sight.

It is a bittersweet time for South Africa, proud of its power to reconcile amid racial conflict but struggling to fulfil expectations of a better life two decades after the end of apartheid.

The former president is visited daily by his family, and on Monday the three other surviving defendants in the trial in which Mandela was sentenced to life in prison in 1964 visited the hospital. THE ASSOCIATED PRESS

Mandela's impact

"In 1994 I walked ... to witness your inauguration. I raised my fist as the helicopters flew over with rainbow nation streaks of smoke trailing behind them. For the first time in my life I felt patriotism and pride in the leader of my country."

One well-wisher, remembering Mandela raising his fist after being released from prison

Boys read get-well messages Monday outside the Mediclinic Heart Hospital, where Nelson Mandela is being treated. THEMBA HADEBE/THE ASSOCIATED PRESS

No day off for flood volunteers

Despite Mayor Naheed Nenshi's suggestion that Calgarians swap their rubber boots for party shoes in celebration of Canada Day, many local volunteers refused to take a day off from helping neighbours in need.

The particularly hard-hit community of Mission was abuzz Monday with dozens of volunteer restoration crews, as well as others spreading cheer by offering workers cold beer and food.

Numerous tradesmen were also out offering their work pro bono to flood victims.

"You can't even go into a house without there already being like 30 people in there helping," said Lyndee Kehler, who was volunteering in Mission on Monday with friends Nicole Swanson and Natasha Puka.

"We figured handing out beer would be a good idea," Swanson said. "It's hot out and it's Canada Day."

The three friends, who plan to continue their volunteer efforts by heading to High River next, said they were impressed by the abundance of people supporting the volunteer workers with food, drinks and free services.

"We've been really well fed," said Puka. "There was a guy bringing shawarma and all kinds of things."

ALLISON PARDER/
FOR METRO IN CALGARY

From left, Lyndee Kehler, Natasha Puka and Nicole Swanson celebrate Canada Day after volunteering in Mission, Alta. ALLISON PARDER/FOR METRO

Hong Kong

Protesters rally for self-determination

Tens of thousands of Hong Kongers took to the streets Monday, demanding their widely hated Beijing-backed leader resign and pressing for promised reforms so they can choose their own.

Leung Chun-ying, who was not elected but instead picked by a committee of mostly pro-Beijing elites, has long been beset by controversy. THE ASSOCIATED PRESS

Tunisia

Opposition walks out of assembly

Dozens of opposition deputies have walked out of Tunisia's constitutional assembly to protest the final draft of a new post-Arab Spring constitution.

Singing the national anthem, the dissidents forced the closure of the session. Deputy Nadia Chaabane accused the ruling party of altering the final draft.

THE ASSOCIATED PRESS

NSA leak. Everybody's doing it, says Obama of ally eavesdropping

U.S. President Barack Obama brushed aside sharp European criticism on Monday, suggesting that all nations spy on each other as the French and Germans expressed outrage over alleged U.S. eavesdropping on European Union diplomats.

American analyst-turned-leaker Edward Snowden, believed to still be at Moscow's international airport, has applied for political asylum to remain in Russia. Russian President Vladimir Putin, in a statement he acknowledged sounded odd, told reporters in Moscow that Snowden would have to stop leaking U.S. secrets if he wanted asylum in Russia. He added Snowden seemed unwilling to stop publishing leaks of classified material. At the same time, Putin said that he had no plans to turn Snowden over to the United States.

Obama, in an African news conference with Tanzanian President Jakaya Kikwete, said the U.S. would provide allies with information about new reports that the National Security Agency had bugged EU offices in Washington, New York and Brussels. But he also suggested such activity by governments would hardly be unusual.

"We should stipulate that every intelligence service — not just ours, but every European intelligence service, every Asian intelligence service, wherever there's an intelligence service — here's one thing that they're going to be doing: They're going to be trying to understand the world better, and what's going on in world capitals around the world," he said. "If that weren't the case, then there'd be no use for an intelligence service." THE ASSOCIATED PRESS

Unexpected ultimatum

"If he wants to stay here ... he must stop his activities aimed at inflicting damage on our American partners."

Russian President Vladimir Putin, on allowing Edward Snowden to stay in Russia

Cops cool off a rainbow mob

A police officer is sprayed by onlookers during the 33rd annual Pride Parade in Toronto on Sunday. Standing on garbage cans and climbing atop roofs along Toronto's Yonge Street, crowds estimated in the hundreds of thousands by Toronto police sprayed water and waved rainbow flags in celebration of what has traditionally been the largest event of its kind in the country. MICHELLE SIU/THE CANADIAN PRESS

Same-sex marriages

Gay U.S. couple the 1st to receive benefits: Lawyer

A Bulgarian graduate student and his American husband are the first gay couple in the U.S. to have their application for immigration benefits approved after the Supreme Court's landmark ruling last week on same-sex marriages, their lawyer said.

The approval means that Traian Popov, here on a student visa, will be able to apply for a green card, and eventually citizenship. But his marriage to Julian Marsh, performed in New York, still won't be recognized in Florida, where they live. Last week's pair of rulings left a patchwork of laws in place across the country regarding gay marriage.

"It's unbelievable how that impacts you," Marsh said Sunday. "They make you feel more and more like a second-class citizen, and they don't want you. And that's how I feel about Florida." THE ASSOCIATED PRESS

Tagged in the wrong photos this long weekend?
We have plenty of new job postings this week.

Search more than 6,000 new job postings every week.

What happened on the long weekend should probably have stayed there. If it didn't, we've got you covered with the most jobs from Canada's top employers. It's what makes Workopolis Canada's number one job site.

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"Number one job site" based on six-month average online job postings for period ending May 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

Egyptian women react in Cairo on Monday to the military's 48-hour ultimatum for President Mohammed Morsi and opposition leaders to reach an agreement. AMR NABIL/THE ASSOCIATED PRESS

Egypt's military standing by

'The people's demands.' Mohammed Morsi gets 48-hour ultimatum to reach agreement with his opponents

Egypt's military gave a "last-chance" ultimatum on Monday to President Mohammed Morsi, giving him 48 hours to meet the demands of millions of protesters in the streets seeking his ouster, or the generals will intervene and impose their own plan for the country.

The military's statement, read on state TV, put enormous pressure on Morsi to step down. Giant crowds demanding his departure in cities around the country for a second straight day erupted into delirious parties of celebration. But any army move against Morsi after the two-day deadline risks a backlash from Morsi's Islamist backers, including his powerful Muslim Brotherhood and hardliners, some of whom belong to former armed militant groups.

After the army statement, multiple officials of Morsi's Muslim Brotherhood insisted that the military and street protests cannot overturn the legitimacy of the president's election. An alliance of the Brotherhood and other Islamists read a statement at a televised press conference calling on all people "to rally in defence of legitimacy and reject any attempt to overturn it."

The army's stance also raises a unsettling prospect for many of Morsi's opponents as well — the potential return of the military that ruled Egypt directly for nearly 17 months after the fall of autocrat Hosni Mubarak. During that time, many of those now in the anti-Morsi campaign led protests against military rule, angered by its management of the transition, including killings of protesters.

THE ASSOCIATED PRESS

Quoted

"Any coup of any kind against legitimacy will only pass over our dead bodies."

Mohammed el-Beltagi, a leading Muslim Brotherhood figure, to a rally

Puerto Rico. Woman accused in Canadian husband's death arrested

A woman accused of hiring someone to kill her wealthy Canadian husband on the U.S. Caribbean island of Puerto Rico was arrested on Sunday in Spain after being sought for five years in the alleged murder-for-hire scheme.

Moises Quinones, the FBI's spokesman in Puerto Rico, said Aurea Vazquez Rijos was arrested by the Spanish police at an airport in Madrid. The Puerto Rican suspect was taken into custody as she was getting off a flight from Italy, where she has lived for years and gave birth to another man's twins.

Abe Anhang, the victim's father, said authorities told him that Vazquez's sister and her former husband have also been charged and arrested in Puerto Rico in connection with his son's killing in 2005.

"We're hopeful that after such a long time that justice will be done," Abe Anhang said.

Anhang, 32, was beaten and stabbed to death in a popular tourist district of the Puerto Rican capital in September 2005 as he walked with Vazquez. THE ASSOCIATED PRESS

Alleged murder-for-hire

A U.S. grand jury charged Vazquez in 2008 with offering a man $3 million to kill her husband, real-estate developer and Winnipeg native Adam Anhang.

- She denied the charges but refused to co-operate with investigators and fled Puerto Rico for Italy, where she lived in Florence and, more recently, Venice.

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Infinite Horizons

Mark Carney, the new governor of the Bank of England, attends a briefing with officials on his first day on the job inside the central bank's headquarters in London on Monday. JASON ALDEN/POOL/THE ASSOCIATED PRESS

It's Canada's day at the Bank of England

Auspicious start date. Mark Carney kicks off new job in London amid high expectations

Canadian Mark Carney, the first non-Brit to run the Bank of England in its 319-year history, has started work amid hopes that he can help revive the economy.

Carney beamed as he arrived by Underground before 7 a.m. on Monday. Looming on his agenda is a Monetary Policy Committee later this week. The nine committee members will discuss whether to expand a stimulus plan that has pumped about $600 billion into the economy since 2009.

The economy is still struggling. It grew just 0.3 per cent in the first quarter this year compared with the previous quarter.

The 48-year-old former governor of the Bank of Canada has been lauded for steering Canada through the 2008 financial crisis and for overseeing the fastest recovery of any G8 country. THE ASSOCIATED PRESS

Digital copyright. Court puts off class-action decision in Google book-scanning fight

A U.S. federal appeals court in New York says it is too early for authors to be considered as a group in litigation challenging Google Inc.'s plan to create the world's largest digital library.

The 2nd U.S. Circuit Court of Appeals said in a ruling Monday that a judge must consider fair-use issues before deciding whether to consider authors as a class. The court says neither side will be harmed by a delay in deciding whether the Authors Guild can represent all writers.

So far, Google has copied more than 20 million books. The three-judge appeals panel that heard arguments earlier this year seemed reluctant to get in the way of the plans.

One judge said it would be a "huge advantage" for many authors while another said it would have "enormous societal benefit." THE ASSOCIATED PRESS

A staff member at the University of Michigan's Buhr Shelving Facility stands amid 2.4 million books scheduled to be digitized in this 2004 file photo. A legal battle over Google's book-scanning project has been prolonged by a U.S. federal appeals court. THE DETROIT NEWS/THE ASSOCIATED PRESS FILE

Debit-card fees

McDonald's franchise offers more payroll options after suit

A McDonald's franchise in Pennsylvania promised to give employees more payment options after it was sued by a former employee who said she was charged a fee to access her wages from a debit card.

Employees of 16 McDonald's restaurants in northeastern Pennsylvania will be given the option of getting paid via direct deposit or paper cheque, company spokeswoman Christina Mueller-Curran said Monday. They'll also continue to have the ability to use payroll cards.

In her lawsuit, ex-employee Natalie Gunshannon said she was charged $1.50 to withdraw cash. The lawsuit focused attention on the practice of paying low-wage employees via debit cards that can be laden with fees. THE ASSOCIATED PRESS

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Ottawa's online budget consultations are a bust

A federal experiment in digital democracy has flopped, with critics saying it was never anything more than a gimmick in the first place.

Since 2006, Finance Minister Jim Flaherty has conducted annual pre-budget consultations with Canadians via the web, asking for electronic input into the country's fiscal blueprint.

In launching so-called e-consultations when the Conservatives first came to power more than seven years ago, Flaherty said the "new government is taking accountability and openness to a higher level."

But the online consultations never drew more than 7,760 submissions, at their peak in 2007. The response rate has fallen sharply since then, with the exception of the round leading to the pivotal Jan. 27, 2009, budget, designed to respond to the global meltdown and recession. The number of submissions hit 7,421 for that year.

And the latest round for the 2013 budget attracted a paltry 642, the second-lowest after the 600 received for budget 2010. THE CANADIAN PRESS

Quoted

"This is sort of a way to create the illusion of reaching out or encouraging some sort of democratic intercourse. It's very disingenuous."

Jason Lacharite, political science professor, University of Northern British Columbia in Prince George

Finance Minister Jim Flaherty speaks to media during a pre-budget consultation tour in 2010. Canadians aren't buying into online federal budget consultations. THE CANADIAN PRESS FILE

New York City

Random House, Penguin complete mega-merger

Random House Inc. and Penguin Group have completed a planned merger that creates the world's largest publisher of consumer books.

Parent companies Bertelsmann and Pearson said they signed the final contracts on Monday to combine the global activities of the two publishers and create Penguin Random House. Random House parent Bertelsmann will hold 53 per cent of the new company and Penguin owner Pearson 47 per cent.

Penguin Random House will include top-selling authors such as Dan Brown and Ken Follett and a vast back catalogue. THE ASSOCIATED PRESS

BREAKING BREAD OR DEAL-BREAKING?

SHE SAYS

Jessica Napier
metronews.ca

People are funny about food: They can be picky or paranoid or entirely self-righteous about the types of things they put in their mouths and the manner in which they do it. It helps when we find a partner who complements our own eating habits, or at least someone who doesn't make a big deal about our neuroses.

Partners can influence each other's dietary preferences, for better or worse. My health-conscious boyfriend has turned me into a person who always orders a vegetable side dish so that I have something green at every meal. In turn, I introduced him to the concept of brunch. But while it might be nice to encourage each other to embrace better nutrition or be more adventurous with our palates, some extreme eating habits are hard to handle.

Could a carnivorous meat lover ever successfully date a vegetarian? What about a vegan? And how long would any of us last with an obsessive carbohydrate-phobic calorie counter?

At what point does one's food preferences become a relationship deal-breaker?

Our attitudes about what we eat can change and evolve, but culinary choices also reflect the type of lifestyle we want to lead. Food can be ideological and sometimes people can become fanatical about preaching their dietary dogma at the dinner table. Anyone who has ever suffered through a meal with a "Paleo" dieter or a Weight Watchers acolyte understands how annoying this can be. Don't get me wrong: It's not that I don't applaud efforts to lose weight or become healthy. I just don't want to hear a sanctimonious speech about how many "points" are in a slice of cheesecake as I'm ordering it.

When it comes to dietary habits, there has to be some common ground. You might think it shallow to place so much value on food preferences — it's just caloric energy, after all — but if he's all kale and quinoa and your heart pines for processed-cheese slices and red meat, it's going to be a lot harder to make it work.

Culinary compatibility might not be the most important thing when it comes to searching for a long-term life partner, but it's definitely a nice bonus. Sharing a nice meal together is one of my favourite activities, and it's just so much more satisfying when both parties can agree on a restaurant choice. Then again, Jack Sprat could eat no fat and he and his wife found a way to make it work.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Celebrity facemash

Mashup photography

Recognize these famous faces?

Marc Ghali has a knack for spotting look-alikes from history. In his series Then and Now, the Toronto-based graphic designer combines the faces of celebrities to create striking mashups of Princess Diana and Kate Middleton, and Malcolm X and Barack Obama, among others.

Q&A

"Like solving a human puzzle"

MARC GHALI
Freelance designer/media content manager, 30, from Toronto

How would you describe your photos?
I would use just one word: Juxtapose.

It must have taken you a long time to find similar celebs and compositions in the original photos.
It took hours of research, trial and error. It was like solving a human puzzle. I had several ideas of how to fit the pieces together, but at times it became difficult.

These pictures suggest that the doppelgängers share and take on each other's personal identities ...
People naturally have a tendency to compare public figures to their historical equivalents, in music, sports, entertainment and politics. The last great person to do anything is always a measuring stick for the ones who follow. I think doing it visually creates a stronger emotional reaction and allows you to challenge your thinking.

METRO WORLD NEWS

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Music and audiobooks are all well and good, but sometimes the daily commute, stroll or bubble bath can be the perfect opportunity just to learn something. Here are a few philosophy podcasts to help expand your horizons. Or just leave you baffled.

There's a vast range of topics available in the iTunes archive of the John Locke Lectures held every year at Oxford University. GETTY IMAGES

Point of Inquiry:
Journalist Chris Mooney and neuroscientist Indre Viskontas welcome a revolving door of very smart guests such as Mary Roach and Neil deGrasse Tyson to talk ethics, philosophy and science from a skeptic's point of view.

John Locke Lectures:
Held every year at Oxford University, the John Locke Lectures consist of six-part stem-winders that have been delivered by some of the world's most distinguished academics. Sadly, the audio lives up to the name because it sounds very much like a lecture hall. But the wide range of topics available in the iTunes archive is fascinating.

In Our Time:
While it may be unfair to call this BBC institution a philosophy show, Melvyn Bragg's panel series covers every conceivable aspect of science and history, including great works and those who wrote them.

Twitter

@BrentButt: HAPPY CANADA DAY! Gonna throw a couple pucks on the BBQ, tip back a few rye'n'maplesyrups, and just relax around the igloo cranking RUSH.

@Cmdr_Hadfield 7h: Punctuation optional, prideful bemusement pervasive. "@stephenfry: Oh,Canada! Oh!! Canada? Oh CANADA! Oh? Canada... etc #CanadaDay"

@TypeACubed: Peanut Butter, wonderbra, bag tags etc >> 19 Things You Might Not Know Were Invented in Canada http://zite.to/1b1PBtf via @zite

@PMJAMacdonald: Another annexation-free year is complete! Happy Dominion Day everybody!

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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DVD Reviews

56 Up

Stars. Michael Apted
Directors. Michael Apted, Paul Almond

The good news about 56 Up, the latest in Michael Apted's septennial life assessments: the series' 13 well-scrutinized participants are all still alive and mostly content. The bad news: what they're doing isn't all that interesting. More than ever in this seventh edition, the Up people seem to be living bland lives of quiet desperation. One exception is Liverpudlian Neil Hughes, the lost soul of the Up brigade. Fighting mental illness since his teen years, he's struggled through ups and downs that left him homeless at 28 and still restless at 56.

I Declare War

Stars. Siam Yu, Gage Munroe
Directors. Jason Lapeyre

I Declare War zips along like bullets fired from a child's machine gun. Reactions are equally kinetic, as we try to figure out if we're watching reality or fantasy. It's about a game of neighbourhood Capture the Flag staged by military-minded kids, all about age 13, that turns deadly serious. It may also turn physically deadly, because we see them using what appear to be real guns, grenades and rough instruments of torture. We only hope that the kids are engaged in a violent fantasy. PETER HOWELL

How Mrs. Funbags made a comedy

On-set antics. With playful Sam Rockwell and ad-lib inclined directors and writers, Maya Rudolph had lots of fun making The Way, Way Back

NED EHRBAR
Metro World News in Hollywood

Maya Rudolph has learned to be careful about giving herself a nickname around Sam Rockwell, as he apparently would not stop working one particular moniker into conversation during interviews for The Way, Way Back, their new comedy.

"I referred to myself earlier in the afternoon as Mrs. Funbags, and it has not seemed to cease — which by the way, I'm very happy about it," she says. "Not to mention it came out of my mouth. But I'm enjoying it. I hope when we're 80 I am known as Funbags."

Goofing off comes naturally. Most of the adult cast of The Way, Way Back — including Rockwell, Steve Carell, Allison Janney, Rob Corddry, Amanda Peet and Toni Colette — have backgrounds in improvisation, which was handy since co-writers and directors Nat Faxon and Jim Rash are big improvisers themselves.

"It's more just like a natural part of Jim and Nat, so I knew it would come out here and there," Rudolph says. "But it wasn't necessarily like a Waiting for Guffman, like a completely improvised movie — although that would be fun, too. It's just a natural ... weapon. You bust it out. It's like nunchuks. I always carry nunchuks."

Yes, she insists, comedy is a weapon. "Sometimes a delicate weapon."

Rudolph and her co-stars speak fondly of their experience filming The Way, Way Back, which is understandable since the film — set during summer vacation in a Massachusetts beach town — was also filmed during summer vacation in a Massachusetts beach town.

"It was rough, getting paid to eat lobster rolls," Rudolph offers. "Yeah, New England summer is really pretty idyllic. Especially being there for the Fourth of July and being there with friends. (Faxon and Rash) wanted this experience to be what summers growing up on the East Coast were supposed to be. You really felt that the whole time we were making it.

"I think East Coast people — New Englanders especially — really appreciate summer. They don't take it for granted like we do out (in California). It's like, 'Let's do this! It's time to get wet and burned and eats some stuff.' And then it's going to get cold again."

Sam Rockwell, left, Liam James and Maya Rudolph in The Way Way Back. GETTY IMAGES

Teen in the mix

Old helping the young. The Way, Way Back is a coming-of-age story for its 14-year-old protagonist, Duncan (Liam James), and on the set of the film James — who was 15 during the shoot — had an impressive handful of adult actors to help him come of age himself. At least Maya Rudolph tried to keep it clean.

Maya Rudolph's method. "We got into some stupid (iPhone) apps. That was my contribution to his youth, I introduced him to stupid apps," she says of her time goofing off with James. "There was a photo one, maybe it was OldBooth. I always turn people on to OldBooth. It's the one where you can stick your face into an old high school photo — like '50s, '60s portraits — and then you have, like, a crazy afro. It's really enjoyable and it's G-rated."

Cinema Review

Despicable Me II

Stars. Steve Carell, Kristen Wiig

Directors. Pierre Coffin, Chris Renaud

Despite the humdrum story Despicable Me 2 is great fun. Former villain Gru (Steve Carell) is now a doting single father lured back into the life, but this time working for the Anti Villain League with partner (and love interest) Lucy (Kristen Wiig). The predictable plot could have written itself, but the inventive gags contained within are the reason to take the whole family. RICHARD CROUSE

Box Office news

$40M ladies bring The Heat

Sandra Bullock and Melissa McCarthy brought The Heat against Channing Tatum and Jamie Foxx at the box office. The action-comedy about mismatched detectives earned $40 million in its opening weekend, topping the $25.7M debut haul of Foxx and Tatum's White House Down. THE ASSOCIATED PRESS

Comics. Sandman returns under the skilled hand of Neil Gaiman

The Sandman is returning to Vertigo comics under the influence of writer Neil Gaiman.

Shelly Bond, executive editor of the imprint of DC Entertainment, said Monday that Gaiman is working with artist J.H. Williams III to tell stories of Morpheus' world before he was captured. Titled The Sandman: Overture, the new series will appear bi-monthly starting Oct. 30 in comic shops and digitally, too. Gaiman last penned stories in the realm of the Endless more than a decade ago. His original telling of Sandman has sold more than seven million copies in nine languages. THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Kardashian conspiracies, boy band beatdowns and a Kick-Ass conscience

STARGAZING
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• Singer Aaron Carter, brother of Backstreet Boys' Nick Carter, claims he got beat up in Boston by grown men yelling, "this is the town of the New Kids." You'd think the Wahlbergs would have better things to do.

• Jim Carrey says he cannot in good conscience support his new movie Kick-Ass 2 due to the level of violence. In unrelated news, Will Smith admits he can no longer support After Earth due to the level of terrible.

• Arnold Schwarzenegger will play a leading role in an upcoming zombie movie. Possible tag lines include:
1) "Hasta gnaw vista, baby."
2) "If it bleeds, we can eat it."
3) "Put that brain down. Now."
4) "It's not a tumour. But if it is, I'll eat that too."
5) "Consider cat a first course."
6) "I'll be snack."

• Kim Kardashian reportedly mails her friends some photos of a random baby in a clever attempt to find out who of them might try to sell the pictures. Coming up next week on Solving Pre-Crime With The Kardashians: Who will steal Kris's new wig? What are the spies living in Bruce Jenner's car looking for? If every family member wears a mask resembling another family member and then rob a bank, will that make them more or less creepy?

• Anne Rice defends Paula Deen by writing on Facebook, "It's so easy to persecute an older, overweight, unwise, crude, ignorant woman who may very well be a good person at heart." "Wow," says everyone on Paula's PR team. "We didn't think we could have done a worse job, but obviously that's not true. High five!"

Jessica Simpson ALL PHOTOS GETTY IMAGES

Ace of hearts: Stork brings baby boy for Simpson

Jessica Simpson's daughter has a new playmate — a baby brother named Ace.

Simpson's rep confirmed that the entertainer gave birth to Ace Knute in Los Angeles on Sunday via planned C-section. The details were first reported by Us Weekly.

This is the second child for Simpson and her fiancé, Eric Johnson. Simpson gave birth to daughter Maxwell last year.

Simpson, who got her start as a singer and has a successful apparel and accessories line, most recently appeared on NBC's Fashion Star.

THE ASSOCIATED PRESS

Don't lose your appetite: Deen's buns requested outside of the kitchen

Know what's grosser than watching Paula Deen slather her food with butter and grease? Watching Paula Deen slather her naked body with butter and grease. We're sincerely hoping that the disgraced food empire queen doesn't accept a recent job offer she reportedly just received from a porn site. If Paula Deen accepts a job offer from a porn site, we're cancelling the Internet.

According to TMZ, an adult website called PureMature.com (it specializes in geriatric sexy times) sent Deen a letter offering her a six-figure (seriously?) gig. In said letter, Deen was praised as their ideal star: "Full figured or thin, arthritic or diabetic ... you embody our perfect spokesperson."

Paula Deen

Lopez loses cred for crooning to infamous dictator

Jennifer Lopez

Jennifer Lopez is under fire for performing a private show in the former Soviet bloc country of Turkmenistan (including a rendition of Happy Birthday, Mr. President) for the country's leader, Gurbanguly Berdimuhamedow — who is apparently not a cool guy.

And by not a cool guy, we mean that Human Rights Watch have named him as being "among the most repressive (leaders) in the world" and that he's known for rampantly violating human rights and torturing people.

Montmartre Annual Music Festival
ALL FOLK'd UP Music Festival
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The Dust Rhinos
La Racquette a Claquette
La Famille Campagne
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LIFE 3

How to fix your metabolism

Food. Nutritionist Haylie Pomroy's bestselling The Fast Metabolism Diet claims to trigger weight loss by rotation of food groups — she even lets you eat carbs. Yep, carbs.

ROMINA McGUINNESS
wellness@metronews.ca

"A high-protein, low-fat, low-carbohydrate diet will just slow your body down," warns J.Lo's nutritionist Haylie Pomroy, author of The Fast Metabolism Diet, a 28-day program designed to heal broken mechanisms in the body.

The plan requires you to eat three different ways a week, for four weeks.

And it claims it could help you lose up to 20 pounds in that time.

"The systematic rotation of targeted foods on specific days and at strategic times will help your body become more efficient at converting food into energy, which is basically what your metabolism is," she explains.

When on the diet you must

1. Eat 5 times a day: 2 snacks & 3 meals
2. Eat every 3 to 4 hours when awake
3. Eat within 30 minutes of waking
4. Stay on the plan for the full 28 days
5. Stick to the foods allowed in each phase
6. Drink half of your body weight in ounces of water, every day

Day 1&2: Phase 1

HIGH CARB + LOW FAT + MODERATE PROTEIN = UNWIND STRESS

"The first thing we need to do is calm the body down and we do so by flooding it with tons of easily accessible nutrients. When we're under a lot of biological stress such as weight gain, we tend to crave junk food as the quick infusion of sugar is very soothing," Pomroy tells Metro.

In this phase, you get to eat plenty of natural sugars (found in complex carbohydrates and high-glycemic fruit and vegetables) to stimulate the endorphins in your brain and help pull your body out of an adrenal crisis.

"However, we keep our protein and fat intake very low, as getting energy out of them requires a lot of effort," she adds.

FOOD LIST
Sweet potato, kale, pineapples, cherries, mangos, brown rice, spelt pretzels, corned beef

DAY 3&4: Phase 2

HIGH PROTEIN + LOW CARB + LOW FAT = UNLOCK FAT STORES

Here, the focus is on lean proteins and high fibre vegetables that will push your metabolism to lay down muscle and access fat for fuel.

"Muscle is built from amino acids, which come from the breakdown of consumed protein. But in order to metabolize protein in the first place, your body needs the nutrients from fat," says Pomroy.

And assuming we provided very little of it in phase one, the only place to go is your own fat stores.

"Many high protein diets cause your body to become very acidic, which can trigger inflammation, bad digestion and pain. So we balance that with tons of alkalizing vegetables to regulate the body's PH and make the protein easier to digest," she adds.

FOOD LIST
Asparagus, oysters, chicken, salmon, egg whites, Tabasco, lemons, raw cacao powder.

DAY 5-7: Phase 3

UNLEASH THE BURN: HIGH FAT+ LOW CARB +LOW PROTEIN = THE BURN

"All week, we've been supplying our bodies with nutrients from carbs, green vegetables and lean protein and in the absence of dietary fat, the body has turned to its own stores in order to build muscle. We now make the fats really high because ironically, eating fat after not eating it for a few days makes you burn it like crazy. This is an intense phase in the sense that we're asking our body to be super efficient at converting fat into fuel," explains Pomroy.

This is why we then go right back to phase one, where nutrients from food are once again easy to access. Repeat this three-phase cycle for 28 days.

FOOD LIST
Avocados, coconut, cranberries, eggs, pistachios, olive oil, pecans, hummus.

More food rules

No dairy. The rate of sugar delivery in lactose (milk sugar) is way too fast and the animal-based fat way too high.

No soy. Most soy is genetically modified, making it harder for your body to break down. **It's also high in estrogen, which can increase belly fat.**

No corn. It's a big reservoir of sugar that equals quick fat.

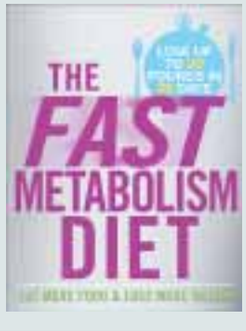
No wheat. It's very hard for your body to digest and extract its nutrients.

No refined sugar. It's a concentrated source of quick energy, making it hard for your body to maintain stable blood-sugar levels.

No caffeine. It stresses your adrenal glands and pushes the body past its healthy state of energy.

No alcohol. Which is very high in sugar.

No dried fruit or fruit juices. the sugar concentration is too high and the fibre too easy to break down.



Exercise for dieting

1. At least one day of vigorous cardio, like running or an upbeat aerobic-based exercise class.
2. At least one day of strength training with weights.
3. At least one day of a stress-reducing activity such as yoga.

It's a slippery slope, not all the cooking oils are created equal

Health options. Weight loss author walks you through the best oils to use and dispels myths when it comes to the kitchen

LINDA CLARKE
Metro World News

Get informed about using cooking oils. ISTOCK PHOTOS

With so many cooking oils on store shelves, which is the best for you?

Registered dietician Marla Heller, author of The DASH Diet Weight Loss Solution and The Everyday Dash Diet Cookbook, gave us the slick truth.

Olive oil

"I always go with what's been proven over periods of time," Heller says. "In the Mediterranean, there are lower rates of heart disease and breast cancer, and they use olive oil. It's monounsaturated — the kind that's healthiest."

The wonder pour's only caveat?

"It shouldn't be heated to high temperatures," she says.

Soy, corn and canola oil

"These can be used for higher-temperature cooking, and are neutral-tasting oils, so they're good for baking," Heller says.

But don't go crazy.

"You don't want to use these too often because they're high in Omega 6, which is a polyunsaturated oil and is thought to raise inflammation. (Inflammation) is behind so many diseases, including heart disease."

Sunflower oil

"This is high in polyun-saturated fats, which in the 1970s were thought to be healthy," she says. "Polyunsaturated do lower blood cholesterol, but the thinking now is that they potentially increase inflammation. Personally, I'm skeptical."

Coconut oil

"There's been a lot of hype about it over the past few years," Heller says. "It has a high level of saturated fat. Places where it's used as a main source for cooking have a higher level of obesity, diabetes and heart disease. I think it can be problematic for people with high cholesterol."

More from Heller

On some popular oil supplements.

- **Flaxseed.** Not so fast, she says. "I'm a fence-sitter on flax. It is high in alpha-linolenic acid, which is essential for health and is anti- inflammatory. But the body isn't going to convert as much ALA from flax as it is from fish oils."
- **Evening primrose.** Used as a supplement, "It has proven to have benefits."

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Whey Better Protein by: Shannon Kadlovski, BA, CNP

When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

When Choosing a Whey Protein Powder Consider These 4 Tips:

1. Choose New Zealand Whey – It is the cleanest and purest whey available. The New Zealand Dairy industry has incredibly high standards for product safety and the humane treatment of their cows. Their cows are never injected with growth hormones, antibiotics, genetically modified organisms, or any other chemicals.

2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.

3. Choose one that is cold temperature micro-filtered.This ensures the highest quality and biological value.

4. Choose an all-natural brand, free of artificial flavours and artificial colors.

Absolute Smoothie Recipe

1 cup water or coconut water
1 scoop of Absolute Whey protein powder (or 2 tbsp.)
1 tbsp. chia seeds
½ tsp. matcha green tea powder or ¼ tsp. spirulina powder
¼ cup fresh blueberries
½ banana
¼ tsp. cinnamon
handful of kale
* Toss all of the ingredients into a blender and blend until smooth and creamy

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Grilling: not just for carnivores

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 pints cherry tomatoes
- Olive oil
- Kosher salt and ground black pepper
- 1 medium red onion, thickly sliced
- 1 loaf (about 19 oz) sourdough bread, cut or torn into 2-inch chunks
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 1 cup shaved Parmesan cheese
- 4 cloves garlic, minced
- Zest and juice of 1 lemon
- Zest and juice of 1 lime
- 1 cup fresh basil leaves
- 1 cup baby arugula

1. Heat a grill to medium-high.

2. Place tomatoes on large sheet of heavy duty foil. Drizzle with olive oil, then sprinkle with salt and pepper. Fold up edges of foil to create packet, then set on grill. Drizzle onion slices with oil, then add those to grill. Grill, covered, 10 minutes, or until the tomatoes begin to break down. Carefully turn onions once during cooking.

3. Once tomatoes and onions are done, remove from grill and set aside. Leave foil packet wrapped shut. Leave grill on.

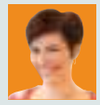
4. Place bread in large bowl. Drizzle with olive oil, then sprinkle with garlic powder and smoked paprika. Toss well to coat, then use tongs to place the bread on the grill. Cook, turning the bread pieces often, until lightly toasted, about 5 to 7 minutes. Return bread to the bowl. Add Parmesan and toss well until melted. Add the garlic and lemon zest and lime zest, then toss again.

5. Divide the bread mixture between 6 serving plates. Open foil packet of tomatoes and spoon some mix and their juices over each plate. Divide the onions between the plates. Drizzle each serving with a bit of the lemon and lime juice and top with basil and arugula. Season with salt and pepper.

THE ASSOCIATED PRESS

Health Solutions

Watered down



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You know you are supposed to drink the darned stuff but water is so boring!

The myth that you need eight glasses each day is a bit arbitrary. Much depends upon how efficient your cooling system is (as in how sweaty you are) and some depends upon how much high water content (as in fruits and vegetables) foods you eat. Then there is how dry or moist your environment is and your fitness level.

That's way too many factors to pin a number, like eight, on. The bottom line is you have to check your pee. (Get it? Bottom line! What's a day without potty humour?) You want to drink enough to be sure it is as clear and uncoloured as possible.

Here are some ways to spruce up your water so it tastes better so you drink the stuff.

- Harvest spruce, pine or fir tips as they are pale green shoots. Crush three or four with a rolling pin and add to a pitcher of water. Let stand in the fridge at least an hour for a bright, lemony zing.
- Cucumber and lemon add a subtle, refreshing flavour to a pitcher of water. Simply slice and refrigerate.
- Herbal tea can be no cal and just as fabulous cold.
- Apple slices, cinnamon sticks and allspice buds can be topped with a pot of boiling water and then cooled in the fridge.
- Freeze any leftover berries in ice cubes and add to a glass of water.
- Sumac drupes can be soaked in a pot of water, filtered and refrigerated.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Side Dish. American Tomato Salad

Ingredients

- 1 tbsp mild olive oil
- 1 tbsp honey
- 1 tbsp cider vinegar
- 1 tsp Dijon mustard
- 4 heirloom tomatoes, sliced
- 4 oz Humboldt Fog or Maytag Blue cheese, sliced or crumbled
- 1 cup torn mixed soft herbs (such as chives, basil, cilantro and parsley)
- Flaked sea salt and ground black pepper, to taste

1. In a small bowl, whisk together the olive oil, honey, vinegar and mustard.

2. On a platter, arrange the tomato slices. Drizzle the vinaigrette over the tomatoes, then top with the cheese and herbs. Sprinkle with the sea salt and black pepper.

THE ASSOCIATED PRESS

Panko bread crumbs update classic Fried Green Tomatoes

The recipe ticks fairly close to tradition but adds a fascinating modern ingredient: panko.

This Japanese-style bread crumb is a relatively recent invention. The slightly sweet bread is baked by electrocution in an oven that is cool to the touch. Only the dough gets hot as current surges through it. The resulting loaf has no crust and is uncommonly airy when it is shredded into slivers and crumbs. Combined with cornmeal, the panko fries into a light, crisp envelope for the tangy tomato slices.

This recipe serves four as a side dish. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- Canola oil, as needed for deep-frying
- 2 medium green tomatoes
- 5/8 cup (100 grams) cornmeal
- 1/3 cup (25 grams) panko bread crumbs
- 1/2 tsp ground black pepper
- 1/4 tsp cayenne pepper
- 1/4 cup cultured buttermilk
- 1/4 cup (2 eggs) blended whole eggs
- Salt, to taste

1. Bring pot of water to a boil. Fill a bowl with ice water.

2. In a tall pot, pour at least 2 inches of oil. The pot must be no more than half full. Set the pan over medium-high and heat the oil to 390 F (200 C).

3. Use a paring knife to cut the core out of each tomato.

4. Once water is boiling, add tomatoes and blanch 1 minute. Use a slotted spoon to transfer the tomatoes to the ice water. When cool enough to handle, remove the tomatoes and peel away the skins. Cut each tomato into slices 1/4 inch thick.

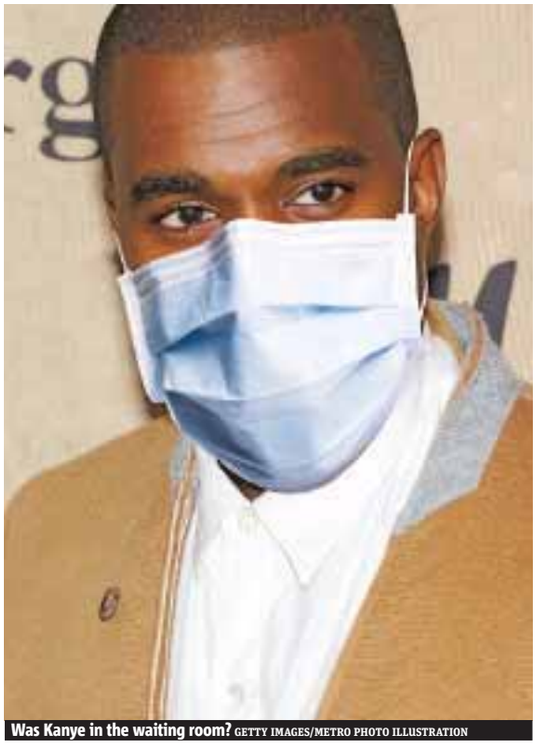
5. In a wide, shallow bowl mix the cornmeal, panko, black pepper and cayenne. In a second wide, shallow bowl, whisk buttermilk and eggs.

6. Dredge the tomato slices first through the buttermilk mixture, then the panko mixture to thoroughly coat them.

7. When oil has reached 390 F, working in batches of 3 slices, carefully fry the tomatoes for 2 minutes, or until golden brown. Use a slotted spoon to transfer the tomatoes to a paper towel-lined plate and season with salt.

THE ASSOCIATED PRESS

Delivery-room dads: Accessory or necessity?



Was Kanye in the waiting room? GETTY IMAGES/METRO PHOTO ILLUSTRATION

Trend. Men used to be kept well away from the delivery room. Now, they're guilt-tripped if they're absent during birth. Experts tell Metro why there's no real need for your partner to see you push.

ROMINA McGUINNESS
romina.mcguinness@metro.lu

When rapper Kanye West let slip that he may not be in the delivery room when his girlfriend, reality TV star Kim Kardashian, gave birth, because "he's very squeamish and doesn't want to be around blood," fans were quick to judge.

One comment on Yahoo.com, read, "That dude weak as #@%$. Studio gangsters these days."

Their baby girl was born on June 15th, five weeks early, and rumour is, he was there. But does a man need to be in the delivery room?

Men and the pressure

These days, dads are under a lot of pressure to be more involved in general, Dean Beaumont, author of The Expectant Dad's Handbook, tells Metro: "Society has changed to a point that they're expected to be present during childbirth."

Lucy Jolin, spokesperson for the Birth Trauma Association and mother of two, believes that it should be up to the couple to decide whether or not the man should be by a woman's side, but that ultimately, the father's presence isn't imperative.

"Obviously, the woman has to be happy with her partner not being there — otherwise, it's resentment. In many cases, the partner is very happy to be. But in some cases, that person may feel very uncomfortable. What you witness is someone that you love in a great deal of pain and sometimes it can be extremely bloody and disgusting. If a man is squeamish, you can't laugh that off," she says.

The hormones of labour and birth

If a man feels very strongly that he doesn't want to be there, and knows he will panic, then he could be more of a hindrance than a help.

"It's best for him to stay away because otherwise he's effectively bringing the adrenalin into the delivery room, which could be detrimental to the birth," warns Beaumont.

To explain why, we need to take a look at the physiology of birth.

"The birth hormone, oxytocin, is what gets the contractions going. But the enemy to oxytocin is adrenalin, a hormone produced by fear," he explains.

"So when you hear people talk about birth stalling or slowing, what normally is the case is that they've had a surge of adrenalin."

"This is because a labouring woman is very vulnerable, and once she picks up on her partner's fear, she'll worry and produce her own surge of adrenalin, which will then stall her labour," Beaumont adds.

The optimal birth: + trust = - stress

"What we want in the delivery room is a woman who is happy and relaxed. She can't be worrying about her partner passing out or throwing up.

"It's better to be on your own than with someone who doesn't want to be there," says Jolin. But sometimes it's a physical necessity to have someone else there should the birth not go to plan. "The mother may be unconscious or under heavy painkillers and in that case, she needs to be with someone she trusts. If that's not the man, it can be a close friend, a relative or a doula."

And ... the baby?

Will the baby sense if the father isn't there? Absolutely not, says Jolin. "Up until not so long ago, fathers were kept well away from the delivery room. It's not hugely damaging."

Beaumont agrees, "A baby's head coming through your wife's vagina can be quite extreme. You can be in the room, but there's no need for you to physically watch the birth."

A lesson in fixed vs. variable rate mortgages

Eighty-five per cent of those who bought a home in the past 18 months locked into a fixed-rate mortgage. ISTOCK IMAGES

YOUR MONEY
Alison Griffiths
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It's the talk of the town once again. Interest rates. Savers are praying for an increase while those in debt have their fingers tightly crossed that any rise will come oh so slowly.

The big issue for most is the mortgage. Variable used to win hands down over fixed rate when it came to saving money.

But as five year fixed rates sunk below three per cent and the spread between fixed and variable rates shrunk to less than 40 basis points or 0.4 per cent, locking in has been a no brainer. There is little point in taking on the additional risk of a rate rise for less than half a per cent.

Based on the Canadian Association of Accredited Mortgage Professionals' recent survey, 85 per cent of those who bought a home in the past 18 months locked in, compared to 69 per cent of existing mortgage holders.

The appeal of the fixed rate will only grow with the flurry of talk about impending interest rate increases. Already a number of lenders have nudged their five-year rate over three per cent. This could signal that the variable rate mortgage may start to become more appealing as the difference between it and the fixed rate widens.

According to canadianmortgagetrends.com, consumer interest in variable rates increases when the spread between them and fixed rates is 100 basis points or one per cent.

It is easy to see why. Paying one per cent less on a $200,000 mortgage keeps about $2,000 after tax dollars in your pocket in the first year and saves nearly $32,000 in interest costs over a 25-year amortization.

Canadians choosing a fixed rate can enjoy the benefits of a variable rate simply by paying a bit more monthly. On a $200,000 mortgage an extra $50 cuts two years off the life of the mortgage and saves nearly $7,000 in interest costs. Or, make a lump sum payment, amounting to the average tax refund of $1,500, and the mortgage is gone in 21 years with interest savings of nearly $15,500.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

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Blue Jays red hot vs. Tigers on Canada Day

MLB. Scoring comes from an unlikely source as Dickey continues to knuckle down on batters

Jose Reyes celebrates with Jose Bautista after hitting a solo home run in the third inning of the Blue Jays' game against the Detroit Tigers on Monday in Toronto. The Jays won 8-3. TOM SZCZERBOWSKI/GETTY IMAGES

Mark DeRosa is the first to admit he isn't exactly an intimidating batter.

DeRosa, a 38-year-old bench player the Blue Jays added this season for depth, has been dealing with a sore neck and a slump at the plate in which he hadn't had a hit since June 18 against Colorado.

So when an injury forced first baseman Adam Lind out of the roster, DeRosa found himself filling in Monday. Even more unexpected was his No. 4 spot in the batting order.

But no one was more surprised than the Detroit Tigers when DeRosa launched a three-run homer — an exclamation point in Toronto's 8-3 victory against the American League champions.

"I've always been a guy who likes to work the ball the other way and it's been frustrating over the last couple weeks," said DeRosa. "You know, flying open, striking out and grounding out to short. Doing things that I pride myself on being a quality at-bat. Definitely hitting fourth was not on the agenda coming into the season."

DeRosa joked he told star Jose Bautista, who was hitting third in the lineup after slugger Edwin Encarnacion was pulled just before the game with left hamstring soreness, to take off his shin guard at the plate and expect to be walked.

It ended up being no joke at all. The Tigers walked Bautista twice, and DeRosa made them pay in the fourth inning with his fifth homer of the season.

"Obviously you can't replace Eddie, you can't replace the way Lind swung the bat. I'm aware of that," said DeRosa. "But there's guys here that are capable of doing things they have to to help us win."

On Monday

Blue Jays	Tigers
8	3

DeRosa had plenty of help during a festive Canada Day game at Rogers Centre.

Shortstop Jose Reyes, who made his first appearance at home since April before he was put on the disabled list with a severely sprained left ankle, hit his second home run in two games.

Blue Jays knuckleballer R.A. Dickey (8-8), following up on his best outing of the season last week, was again solid against Detroit's intimidating batting order. He allowed two earned runs on six hits with four strikeouts through seven innings.

THE CANADIAN PRESS

Hockey. NHL moves toward deal for Sochi 2014

Team Canada celebrates Sidney Crosby's gold medal-winning goal at the 2010 Winter Olympics in Vancouver. GETTY IMAGES

NHL players are just a slapshot away from returning to the Olympics next year.

While a deal hasn't been reached yet between the NHL, the union and the International Ice Hockey Federation to send the league's players to Sochi, a long meeting Monday pushed the sides much closer to an agreement.

"Things are moving along," NHL commissioner Gary Bettman said.

Bettman, union leader Donald Fehr and IIHF president Rene Fasel met for more than five hours Monday at league headquarters to work on a deal that would allow NHL players to compete at the 2014 games in Russia. This would be the fifth Olympics for the NHL.

Under pressure

"Everybody is working very hard and we seem to be pulling the oars in the same direction."

NHL commissioner Gary Bettman

Not everything has been agreed to and the various sides need to meet internally to sign off on any pact. Still, Bettman called Monday's session a "constructive meeting," adding there are still "some I's to dot and T's to cross."

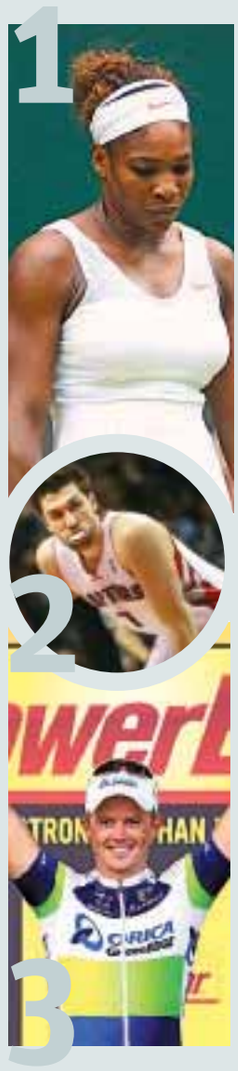
"I think it's fair to say that we're not quite ready to announce it's done," Bettman said.

Fasel headed to the airport following the meeting and planned to get together with various international groups beginning on Tuesday. Fehr will brief the players during multi-day union executive board meetings next week.

"We had a very constructive meeting," Fasel said. "I am very happy and pleased. I have to go back also to my federation and to other national federations, especially back to the IOC, to make a report. I am confident that we will have a solution at the end."

THE ASSOCIATED PRESS

Sports in pictures



1 Wimbledon. Serena sent home early

Serena Williams lost 6-2, 1-6, 6-4 in the fourth round to German Sabine Lisicki.

GETTY IMAGES

2 NBA. Raps say bye-bye Bargs

The New York Knicks and Toronto Raptors have agreed on a deal involving Andrea Bargnani, a person with knowledge of the details said Monday.

THE ASSOCIATED PRESS

3 Cycling. Aussie finishes ahead of the pack

Sprinter Simon Gerrans won Monday's third stage of the Tour de France.

GETTY IMAGES

Horoscopes

♈ Aries
March 21 - April 20
Some things come easy to you but other things you will never master. With that in mind, don't be afraid to give up on something today if it doesn't feel right. It's no big deal.

♉ Taurus
April 21 - May 21
You may not want to apologize about something but if refusing to do so puts a friendship at risk, it may be smart to swallow your pride and let them know you are sorry – even if you're not.

♊ Gemini
May 22 - June 21
With the Sun opposing Pluto today, there is a lot of pressure on you. But it is essential that you don't let others see you are stressed. Act tough even if you don't feel in the least bit on top of things.

♋ Cancer
June 22 - July 23
Everyone makes mistakes and in the greater scheme of things, your recent errors are minor, so stop worrying about them. Do something new today and make all the mistakes you like.

♌ Leo
July 24 - Aug. 23
Not only is the Sun moving through the most sensitive area of your chart but it opposes Pluto today, so it may feel as if all your power has been drained. Take it easy.

♍ Virgo
Aug. 24 - Sept. 23
Someone may not be showing you the respect you deserve but don't let it get to you. It is not what they do or say that matters but how you choose to react to it. Treat them with the contempt they deserve.

♎ Libra
Sept. 24 - Oct. 23
You know what needs to be done, so why don't you get on and do it? Maybe it's because you sense you won't get any help at all. Relax, you don't have to do it all today.

♏ Scorpio
Oct. 24 - Nov. 22
You may not get the support you need today. There is no point getting annoyed about it because the planets indicate your friends can't help even themselves at the moment, never mind help you.

♐ Sagittarius
Nov. 23 - Dec. 21
You rarely avoid a fight but the planets warn you would be wise to back off in the face of someone's belligerence today. Let them have their say and act a fool. It's no loss for you.

♑ Capricorn
Dec. 22 - Jan. 20
Pluto in your sign is opposed by the Sun today, which means you must be careful how you use your authority. Just because you have the power to make something happen does not mean you have to.

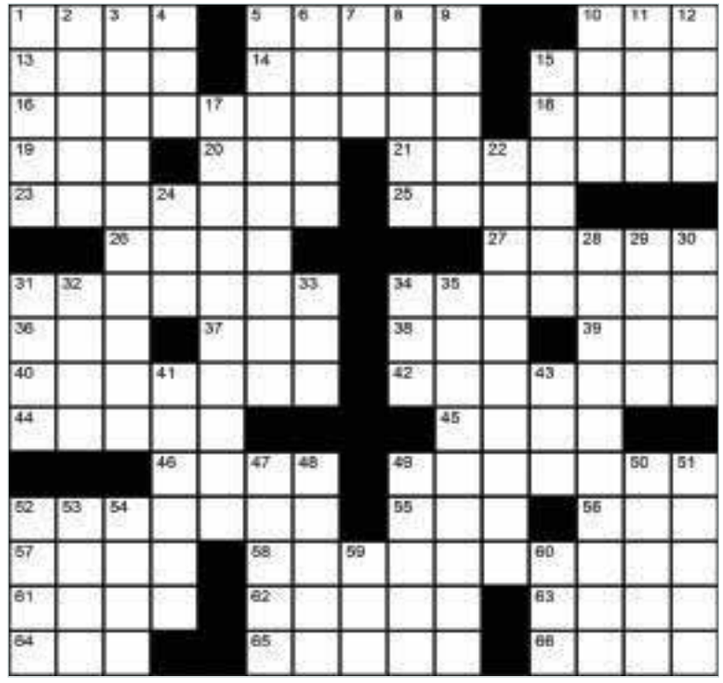
♒ Aquarius
Jan. 21 - Feb. 19
If you have to choose between competing offers today, go for the one that makes fewer demands on your time and energy. At work especially, try to avoid anything that requires you to exert yourself.

♓ Pisces
Feb. 20 - March 20
A project will come in for criticism today and you should listen and learn. However, having done so you must then make a decision and act on it. The last word must always be your own. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

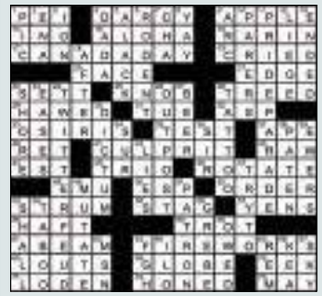
BY KELLY ANN BUCHANAN



Across
1. Jennifer or Cynthia (Canadian actresses/ sisters)
5. Mr. Kinnear's
10. Loud sound!
13. "Last one __ __ a rotten egg!"
14. Convey
15. Musical finale
16. Country's Lady __
18. Comb's comb-ee
19. Pecan
20. Papua New Guinea seaport
21. Shannen of "Beverly Hills, 90210"
23. Kid in "E.T.: The Extra-Terrestrial" (1982)
25. Singular of 'Inuit'
26. Goth/rock fans
27. Namesakes of Civil Rights activist Ms. Parks
31. Hindered
34. Toronto's Ed __ Theatre
36. King, in Portugal
37. Actor, Daniel __ Kim
38. "Either he goes __ _ go!"
39. Comedy's Mr. Howard
40. "__ X" (1992)
42. Physicians
44. Edgar __ Poe
45. Type of flatbread
46. Investment portfolio item
49. "Friends" character's namesakes
52. Canadian Snowbird Association member, perhaps
55. Men's deodorant brand
56. Coin of Vietnam
57. Desktop symbol
58. Suburbs area of Montreal: 2 wds.
61. Electrical resistance units
62. Made level
63. 50 Cent hit: "__ __ Club"
64. Lake temperature tester
65. Have a hunch
66. Broadway musical, Rock of __

Down
1. Journalist Ms. Sawyer
2. Void
3. Alanis Morissette's is 'Jagged': 2 wds.
4. 'Legal' suffix (Lawyer-speak)
5. Instrument of government, The __ of Canada: 2 wds.
6. Get a new tenant
7. Ms. DeGeneres, to pals
8. Spanish architect, Antoni __
9. Chef on ABC's "The Chew", Michael __
10. 'Wild' animal
11. Mine entrance
12. SYTYCD judge Ms. Murphy
15. "Star Trek" role
17. O Rh Negative giver: 2 wds.
22. Severe storm systems
24. "_ __ Mine" by The Beatles
28. Montreal designer who is a Member of the Order of Canada: 2 wds.
29. Ancient stringed instrument
30. He's opposite
31. "__ la Douce" (1963)
32. Breakfast
33. Bill Clinton, e.g.
34. 1960s hipster
35. It gives PEI's soil its reddish colour: 2 wds.
41. Pioneer houses
43. Mai __ (Cocktail)
47. Mr. Gingrich's
48. John __ (Tractor company)
49. Pals
50. _ __ _ (Spelled-out cable network)
51. Carbonated beverages
52. Donnybrook
53. Ontario's Bon __ Provincial Park
54. Voluminous book
59. Earth's lightbulb
60. Irish coronation stone, __ Fail

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		2		6			7	
						5		
1	3	9	7	5				2
9		1	4			7		
				7				
		5			6	3		8
7				1	9	6	2	5
		6						
	1			4		8		

Friday's Sudoku

4	6	2	7	1	9	8	5	3
5	7	1	2	8	3	9	6	4
3	8	9	4	6	5	1	7	2
6	5	8	3	4	7	2	1	9
1	9	4	5	2	6	7	3	8
2	3	7	8	9	1	5	4	6
9	1	3	6	5	8	4	2	7
7	2	5	9	3	4	6	8	1
8	4	6	1	7	2	3	9	5

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